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The Living Word of the Buddha

The Buddha's Teachings in the Oldest Texts Translations, essays & notes by Piya Tan ©2017

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Effort and energy

SUTTAdiscovery51a

2017c

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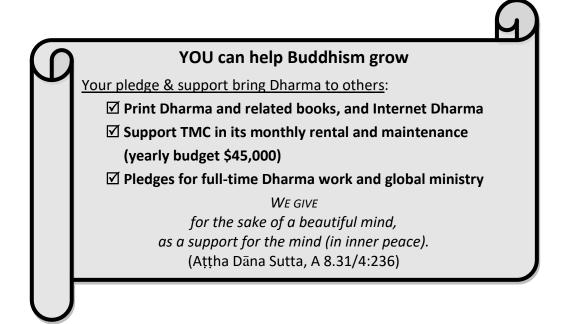
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As a full-time Dharma teacher, he runs Sutta and related classes like <u>the basic Pali course series</u>, <u>the Sutta Study Group</u> (NUSBS), <u>Dharma courses</u> (the Singapore Buddhist Federation), <u>Sutta Discovery classes</u> (Buddhist Fellowship and elsewhere), and Sutta-based (including meditation) courses (The Minding Centre), besides his own full-time Pali translation and research project, the Pali House, and doing <u>a</u> comparative study of the Pali Nikāyas and the Chinese Āgamas. As a Theravāda monk, he learned <u>insight meditation</u> from Mahasi Sayadaw himself in the 1980s, and <u>forest meditation</u> from various forest monks. He has run numerous meditation courses and retreats for students and adults (including non-Buddhists) since 1980s. In 1992, he taught meditation at the University of California at Berkeley, USA, and also to BP, JPMorgan, the Defence Science Organization, GMO, HP and SIA. He writes <u>weekly reflections</u> and gives daily <u>online</u> teachings on Facebook. All this for the love of Dharma and of Ratna and their two sons.

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- meditation therapist; 67 years old; was a monk for 20 years
- has taught meditation for over 30 years
- has taught at the Univ of California @ Berkeley, Defence Science Organization, GMO, SIA, HP, Hitachi, JPMorgan, BP, etc
- mentor and meditation instructor to various executives and individuals
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- now translating and teaching early Indian texts on meditation and psychology.
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